

## **HEMI-SYNC®'S IMPACT ON REMOTE VIEWING**

*by Joseph McMoneagle*

*Joseph W. McMoneagle retired from the United States Army in 1984, after serving as a special projects officer for the 902nd Military Intelligence Group. He currently owns Intuitive Intelligence Applications, which has provided eleven years of research expertise and resources to the Cognitive Sciences Laboratories of SRI-International and Science Applications International Corporation (SAIQ). His specific area of interest is remote viewing (RV)—its research and development, as well as its applications. The book *Mind Trek*, Joe's story of how he became aware of and refined his RV skills, was published in 1993. He is currently working to finish his second book, *An Odyssey Through Time—Year 2999*.*

*Joe regularly speaks to participants at The Monroe Institute's GATEWAY VOYAGE® programs. As a featured presenter at the 1995 Professional Seminar, he reviewed his work for the past eighteen years. Differences between remote viewing targets done before and after his introduction to Hemi-Sync were emphasized. He also outlined his theory of Hemi-Sync's value in the arena of paranormal functioning and as a major supportive tool for general creativity.*

General knowledge of remote viewing (RV) has been affected a great deal by the recent and sudden publicity surrounding its use as an intelligence collection tool—considered by some as undesirable. This use is discussed in a formal report to Congress by the American Institutes for Research on behalf of the Central Intelligence Agency, entitled *An Evaluation of Remote Viewing: Research and Applications*, September 29, 1995. This report also addressed the quality of basic research and foreign assessment—both considered to be good. And yes, I have been involved in this program for nearly eighteen years.

One of the more immediate problems exposed by this publicity is a severe lack of knowledge about what RV is and isn't, as well as the differences between RV in the formal sense and what is generally considered to be psychic functioning. Let's begin with a description of those differences.

Remote viewing is the act of describing or drawing details about a place, person or thing without having any prior knowledge of that place, person, or thing. It is being psychic under specifically designed controls. These controls are exacting protocols developed by scientists, initially at SRI-International and then at the Cognitive Sciences Laboratory of SAJC. The controls are necessary to prevent fraud, to permit replication by other laboratories, and to establish a means of accurately evaluating results. It is important to understand that most of these protocols have been reviewed and approved by governmental scientific oversight committees prior to being employed. They have been restructured and reevaluated over time

to ensure that they are stringent enough for most laboratories. Of course, some will never accept them.

Nearly twenty-four years of research have gone into protocol development and use. Replication has been achieved at many labs and universities, bringing a certain degree of legitimacy to the study of paranormal or psychic functioning. As a result, many psychics have adopted the label “remote viewing” to validate their own efforts while showing little understanding of the rules or protocols. This has led to a plethora of articles and writing portraying RV inaccurately. Some examples of this inaccuracy are: RV can be taught; anyone can become a good to exceptional remote viewer, RVs accuracy rate is 95 percent or better, anything can be targeted with remote viewing. My participation in the scientific application of remote viewing for the last eleven years indicates that these statements are false.

RV is probably a talent, just like athletics or music. Just as there are people who will never excel beyond Sunday jogging or playing an instrument in the basement for fun, there are those who will never excel beyond a reasonable description of target gestalt once in a while. RV can be clarified with a learning structure. The talent, while fixed, can probably be improved with regard to consistency. Like athletic or musical performance, it will never be perfect, nor work every time.

This brings us to accuracy. Accuracy is always assessed from more than one direction. In RV for scientific or research purposes, all that you have said about a target is compared to what is right about what you said. That is then compared to everything you could possibly have said. This produces a general figure of merit or quality for your RV. When you consider all that can be described about a target, you will never get it all—never mind completely correct. From the scientific viewpoint then, this becomes a relatively easy comparison.

Looking at RV for collection purposes moves it into an entirely different realm. You could essentially say almost nothing pertinent about the target. However, if you say one thing that wasn’t previously known, and it is a piece of the overall puzzle that completes a picture, then its value is immeasurable. You have the paradox of great value with little accuracy. This is the very essence of why RV-developed information isn’t, and shouldn’t be, used as stand-alone material. In an industrial or criminal investigative scenario, or in any other mode of application, RV is unlikely to ever exceed the accuracy expected in research. Statistically, the very best world-class remote viewers under laboratory conditions tend to run 50/50 as to whether they are on or off target. Anywhere from 60 to 85 percent accuracy is expected. In eighteen years I have yet to meet a remote viewer who knows when he/she is on target (with a couple of exceptions based on specifics of targets).

Some targets are almost impossible to get using RV. Missing persons, words, phrases, and numbers top the list. Words, phrases, and numbers will occur infrequently and usually

spontaneously. Overall ideas or concepts are generally easier. With regard to targeting missing persons, unfortunately the deceased are easier than the living. The deceased don't move around a lot. Alive or dead, a target person's location descriptions can be developed. Then the problem becomes matching those locations to a known location. In a description which is 70 percent accurate, 30 percent of the material won't be reliable. Therefore, error is introduced. If there aren't significant descriptors in the drawings or transcripts, matching a known location is nearly impossible. Rarely the case, a description could be of immense value—if a missing child happens to be standing in the middle of Disney World, for instance.

Previous to 1983, I was dealing with these problems and looking for a method to improve my quality and accuracy. As a result, my office proposed working with Robert Monroe in the lab at The Monroe Institute for one year. During this time Bob agreed to develop a special Hemi-Sync tape for improving my RV abilities. He felt it might also be possible to harness my out-of-body (OOB) abilities, which, at the time were mostly spontaneous events. My RV statistical averages were well established by then, in both the research and applications areas.

Up to that point, my primary targeting methods had been (1) short-range outbounder targets, (2) long-range outbounder targets, (3) targeted photos of individuals, (4) coordinate targets, (5) photographs of target exteriors requiring interior descriptions, (6) National Geographic targets, (7) photographs in sealed envelopes, and (8) questions in sealed envelopes. Performance was good but inconsistent. It was difficult to paint a whole picture of the target. The picture came through in fractured or component sections, with incomplete descriptions of the relationship between the parts.

Specific problems relating to the target mechanisms involved information picked up going and coming from an outbounder target, included differences of perspective (viewpoints), 180-degree reversals of view, bleed-through from one target to the next (timing), mixed intent (what to do with the target), being overwhelmed with the target's complexity, and ability to focus on the central problem or most important specifics of the target first. In addition, I had some limiting beliefs regarding RV. Sometimes focusing was a challenge, which directly affected my internal processing methods used in digesting the raw information generated during RV.

During the course of a year, I learned a lot through the use of Hemi-Sync. In reference to beliefs, I learned a remote viewer must not be wedded to a single idea of reality or how it must work; to a single concept of religion, philosophy, or a social program; nor to fixed linear or perpendicular cause-and-effect attitudes. I became open and agreeable to sudden change, with the attending responsibilities—whatever they might be. The value of straying from logic, developing and expanding my holistic thinking methodologies, and extinguishing or unlearning invalid approaches to thought became apparent.

The TMI tools enabled me to focus fully by developing an ability to quickly quiet the mind and reduce mental noise. I learned to explore, identify, map, and control my inner world and to understand the borders of consciousness—my subconscious with its individualized language and the other altered states we accessed. More than one meditation technique was added to my repertoire, and I mastered replicable and measurable brain states. In that very short year I also came to understand the pitfalls of repetitive learning techniques. They frequently omit necessary requirements, and results are also limited by the teacher's skill. Many metaphysical or esoteric training facilities teach specific beliefs. These can be counterproductive philosophically and even reinforce older, inappropriate, processing methods. In association with charismatic teachers, gurus, or mentors, implied shielding mechanisms can be instilled that set a high-end limit to learning itself. Robert Monroe and TMI provided the Hemi-Sync tools free of such attachments. These tools are still in use by me today. They have expanded my personal understanding of reality in reference to time, space, and content. They have reinforced my personal philosophy and spiritual beliefs. Most outstandingly, linear concepts have been replaced by holistic understanding—initiating change in my basic self.

Specific applications/areas that have been affected are: better inner focus and centering; control of altered states (mind awake/body asleep); control of lucid dreaming, alpha states, and out-of-body states; reduced inner noise; opening of holistic insight; and the extinguishing of erroneous cognitive patterns. Did my RV improve? Ultimately, the answer is, "Yes." My statistics didn't change. But the quality, cognition, and overall comprehension of targets improved a great deal, along with my understanding of the process.

A final word. If you are looking for instruction on what to think or what to do, The Monroe Institute is not for you. The specific axioms upon which it is founded remain the same. They are simply and elegantly stated as follows:

- You are more than your physical body.
- Hemi-Sync is only a tool.
- Religion, theology, faith, creed, belief, concept, philosophy, doctrine, outlook, tenet, theory, or viewpoint is completely up to the individual.

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